

ELKRIDGE 50+Center

April, May, June 2022



**6540 Washington Blvd
Elkridge, MD 21075
410-313-5192**

Center Email
elkridge50@
howardcountymd.gov

Monday - Friday
8:30am - 4:30pm
Fitness Equipment Room
8:30am - 4:00pm

50+ Center Hotline
410-313-5400

Newsletter Online
www.howardcountymd.
gov/elkridge50

Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Be enriched, engaged, connected. Grow.



**Let's count down the options for
engagement and fun...**

Eight great exercise classes - lets go!

Seven super learning opportunities. Topics include astronomy, consumer protection, driving, gardening, history, shoes, tax credits and more!

Six sensational opportunities to work on your overall health through nutrition and fitness consultations to a local Doctor's presentation, Chronic Disease Self-Management Program and Grief support - stay well!

Five fabulous art and crafting opportunities - get creative!

Four food and refreshment offerings - Yum!

Three musical performances to celebrate song 🎵

Two terrific assessments for hearing and fitness - stay sharp!

One Law Day - to get those documents done!



This years theme revolves around aging in place; living independently and well in the community we call home. Stay involved and take advantage of the many ways Howard County Office on Aging and Independence supports your ability to "Age My Way."

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

50+ Center Staff

Jeannie DeCray, Director

jdecray@howardcountymd.gov
410-313-5175

Jodi Bargamian, Assistant Director

jbargamian@howardcountymd.gov
410-313-5174

Nakear Frazier, Registrar

Nafrazier@howardcountymd.gov
410-313-5173

Jean Wehner, Front Desk

jwehner@howardcountymd.gov
410-313-5192

Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated. Thank you!

How can I get the newsletter sent to my inbox?

Just click on this link to sign up in Constant Contact.
https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULyzdUv94jSMSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D



Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

Sign-Up & Payment For Programs & Classes

*Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance.***

Online registration can be done via the ActiveNet website:
<http://apm.activecommunities.com/howardcounty> Account must be established prior to registering for class.



Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

ADJUSTED HOURS OR CENTER CLOSURES



April 15, Good Friday

May 30, Memorial Day



June 2, Closing at 1pm for Departmental Meeting

June 20, Juneteenth


APRIL AT A GLANCE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
|  | | | | 1 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time |
| 4 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 5 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club | 6 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 Legal Aid 1 Better Balance \$ 2 Arthritis Exercise \$ | 7 9 Walking Club 10 AgeWell \$ 1 Virtual book club 2 Skin Cancer Detection with Nurse Practitioner, Danielle LeClair | 8 9 Walking Club 10 AARP Safe Driver 1 Strength Training \$ 2 Game Time |
| 11 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 12 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club 2 Earth Day: Astronomy with Bob Savoy | 13 9 Walking Club 9 Pilates \$ 10 Wii Bowling 11 Officer Bill Kreitzer 10 MAP 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 14 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 10 Care Talks 11 Thursday Tech Time 1 Chat About Grief | 15 Center Closed  |
| 18 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 19 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club | 20 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 11 Happy House Plants 1 Better Balance \$ 2 Arthritis Exercise \$ | 21 9 Walking Club 9 Nutrition Consultations 10 AgeWell \$ 10 Watercolor \$ 11 Nutrition with Carmen: Blood Work 11 Thursday Tech Time 1 Movie: The Biggest Little Farm | 22 9 Walking Club 10 Yoga \$ 2 Game Time 1 Iris Music Project Concert Honoring Polly Thornton |
| 25 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 26 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club | 27 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 28 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time | 29 9 Walking Club 10 Yoga \$ 11 Baltimore Museum of Industry Lunch and Learn 1 Strength Training \$ 2 Game Time |

MAY AT A GLANCE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 2 9 Walking Club 9:30 Korean Calligraphy \$ 10 Law Day 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 3 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club | 4 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 10 Legal Aid 1 Better Balance \$ 2 Arthritis Exercise \$ | 5 9 Walking Club 9 Nutrition Consults 10 AgeWell \$ 10 Watercolor \$ 11 Nutrition with Carmen: Decrease Your Cancer Risk 1 Virtual Book Club | 6 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time |
| 9 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 10 9 Walking Club 10 AgeWell \$ 10 Hearing Screenings 11 Knitting Club 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club | 11 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 12 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 10 Care Talks 11 Thursday Tech Time | 13 9 Walking Club 10 Yoga \$ 1 Strength Training \$ 2 Game Time Sunday 5/15 2 Showtime Singers Sunday Concert |
| 16 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 17 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Fitness Assessments 1 Chess Club | 18 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 11 Officer Bill Kreitzer 1 Better Balance \$ 2 Arthritis Exercise \$ | 19 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time 1 Movie: The Prize Winner of Defiance Ohio | 20 9 Walking Club 10 Yoga \$ 11 Bingo 1 Dr. Cheema: Mercy Hospital 1 Strength Training \$ 2 Game Time |
| 23 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 24 9 Walking Club 10 AgeWell \$ 11 Knitting Club 11 Eye Health 1 Bridge Club 1 Chess Club | 25 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 11 Walking Shoe Presentation 1 Better Balance \$ 2 Arthritis Exercise \$ | 26 9 Walking Club 10 AgeWell \$ 10 Watercolor \$ 11 Thursday Tech Time | 27 9 Walking Club 10 Yoga \$ 11 Crafting with Nakear 1 Strength Training \$ 2 Game Time |
| 30 Center Closed  | 31 | | |  |

JUNE AT A GLANCE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | | 1 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 Advanced Beginner Yoga \$ 10 Legal Aid 1 Better Balance \$ 2 Arthritis Exercise \$ | 2 9 Walking Club 9 Nutrition Consults 10 AgeWell \$ 10 Watercolor \$ 11 Nutrition with Carmen: Digestive Health 1 Book Club (Virtual) 1 Center closing | 3 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time |
| 6 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 7 9 Walking Club 10 AgeWell \$ 10 AARP CarFit 11 Knitting Club 1 Fitness Consults \$ 1 Bridge Club 1 Chess Club | 8 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 1 Better Balance \$ 2 Arthritis Exercise \$ | 9 9 Walking Club 10 AgeWell \$ 10 Care Talks 11 Consumer Protection: Car Buying & Issues 11 Thursday Tech Time | 10 9 Walking Club 1 Strength Training \$ 2 Game Time |
| 13 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 14 9 Walking Club 10 AgeWell \$ 11 Knitting Club 2 Rearview Mirror Musical Performance 1 Bridge Club 1 Chess Club | 15 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 11 Officer Bill Kreitzer 1 Living Well Class * 1 Better Balance \$ 2 Arthritis Exercise \$ | 16 9 Walking Club 10 AgeWell \$ 11 Thursday Tech Time 12 Hot Dog Lunch 1 Movie: Million Dollar Arm | 17 9 Walking Club 10 Yoga \$ 11 Bingo 1 Strength Training \$ 2 Game Time |
| 20 Center Closed  JUNETEENTH | 21 9 Walking Club 10 AgeWell \$ 11 Knitting Club 1 Bridge Club 1 Chess Club 1 Juneteenth: Harriett Tubman Performance | 22 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 1 Living Well Class * 1 Better Balance \$ 2 Arthritis Exercise \$ | 23 9 Walking Club 10 AgeWell \$ 11 Thursday Tech Time | 24 9 Walking Club 10 Yoga \$ 11 Pictionary with Nakear 1 Strength Training \$ 2 Game Time |
| 27 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength & Tone \$ 1 Better Balance \$ 2 Arthritis Exercise \$ | 28 9 Walking Club 11 Knitting Club 1 Bridge Club 1 Chess Club | 29 9 Walking Club 9 Pilates \$ 10 Wii Bowling 10 MAP 10 Advanced Beginner Yoga \$ 1 Living Well Class * 1 Better Balance \$ 2 Arthritis Exercise \$ | 30 9 Walking Club | * Living Well CDSMP class requires registration |

ONGOING PROGRAMS

Please reserve your spot for all programs with a front desk staff person.
Thank you!

Bridge Club

Tuesday, 1-4pm

Enjoy casual drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some experience is required. Free.

Knitting Club

Tuesday, 11am-12pm

Enjoy the company of fellow knitters as you knit, crochet, or work on needlework projects.

The group participates in several charitable knitting projects as well. Free.



Chess Club

Tuesday, 1-2:30pm

Say "yes" to chess and spend some time with fellow chess players. Check out this new opportunity in Elkridge. Chess is a great way to play, socialize, and exercise your brain!



Legal Aid

First Wednesday, 10am-4pm

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers: family law, public benefits, consumer law, housing issues, and elder law. Free.

Maryland Access Point in Person (MAP)

2nd, 3rd, 4th & last Wednesday, 10am-4pm

Don't know where to turn for resources in Howard County? Our MAP professionals are here to listen and provide information for your real life questions. Free.

Wii Bowling

Wednesdays, 10-11am

Drop in for an hour of engaging virtual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you! Free.

Care Talks

Second Thursday 10am-12pm

The Caregiver Support Program will be at the Elkridge 50+ Center on the second Thursday of the month from 10am-12pm. Enjoy in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov

Book Club

Thursday, 4/7, 5/5, 6/2, 1-2pm (Virtual)

Enjoy great conversation and connection with fellow book lovers! Join our discussions and share your perspective and ideas as we discuss:

4/7: Poetry month: *The Poets' Corner: The One-and-Only Poetry Book for the Whole Family* by John Lithgow and *Call us What We Carry* by Amanda Gorman.

5/5: Older Americans Month: With a nod to the greatest generation and WWII, we will read *The Rose Code* by Kate Quinn

6/2: Honoring Juneteenth: we will cover *The Color of Law* by Richard Rothstein.

Thursday Tech Time

Second, Third & Fourth Thursday 11am-12pm

Puzzled about new technology? Want to learn more about your smart phone, tablet or laptop? Register for a free 20 minute session with a volunteer. Bring your device. Registration required. Free.

Bingo

First & Third Friday, 11am-12:30pm

Enjoy bingo and play for simple prizes and fun with all your Center friends. Free.

Game Time

Friday 2-4pm

Find some Friday fun playing board games and cards in the lounge. Free.

EVENTS CLASSES AND PROGRAMS

Tax Credit Application Help

Maryland Access Point (MAP), the information and assistance program within the Howard County Office on Aging and Independence is available to assist residents with applications for the various property tax credit programs. Tax payers can refer to www.howardcountymd.gov/finance/tax-credit-central a full list of the credits, applications and requirements. To make an appointment with LaShawn Cager-Brown, MAP Resource Specialist call 410-313-6028.

Korean Calligraphy

Monday, 9:30-10:30am

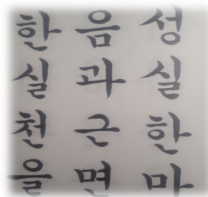
\$93 for 11 classes

4/4-6/27

A05525.700

No class 5/30, 6/20

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Taught by, Chung Sook Kang. Supply list at the front desk.



Asian Brush Art

Monday, 10:30am-12pm

\$116 for 11 classes

4/4-6/27

A05524.700

No class 5/30, 6/20

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by, Chung Sook Kang. Supply list at the front desk.



Disclaimer: "Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

Skin Cancer Detection starts with You

Thursday, April 7

2-3pm

You can play an important part in detecting abnormal skin growths or potential skin cancers by checking your skin regularly and seeing a healthcare professional for routine skin examinations. Danielle LeClair, Nurse Practitioner specializing in Dermatology, will discuss what to look for and when to seek the advice of a healthcare professional. Free skin care samples provided. Free

AARP Safe Driver Course

Friday, April 8

10am-2:30pm

\$20 AARP Members; \$25 non-members

Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road.

Astronomy with Bob Savoy

Weird Moons

Tuesday, April 12,

2-3pm

Celebrate Earth Day in a far-out way! There are many moons in our solar system and some of them are quite unusual. Join Bob and explore the variety of moons and the planets they orbit. Stay curious! Free.

Police Talk with Officer Bill Kreitzer

Wednesday, April 13

11am-12pm

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help. Free.

EVENTS CLASSES AND PROGRAMS

Lobby Chat about Grief

Thursday, April 14

1-2pm

Understanding grief can help ease the stress and reveal coping strategies. Join Karen Hull for a discussion about grief, honoring as healing, and embracing the future. Free.

Watercolor Class

Thursday, 10am-12pm

\$27 for 8 classes, 4/14-6/2

A05500.700

Learn the basic techniques of watercolor painting with artist/instructor, Gary Peddicord. Work on still life, landscapes, seascapes and more. Explore your creativity!

Four Keys to Happy House Plants

Wednesday, April 20

11am-12pm

Help your indoor plants to thrive! Learn how to create a sustainable plant care routine, repot and propagate your plants. Photos, stories and resources will support your efforts and increase the joy of indoor gardening. Free.

NATIONAL HEALTHCARE DECISIONS DAY

On April 16

All Americans are encouraged to ensure that their future healthcare choices are known and protected. The observance reminds us that it is essential to make these decisions known, regardless of age or current health.

Visit <https://speakeasyhoward.org> or download "Maryland Advance Directive: Planning for Future Health Care Decisions" at <https://bit.ly/2MYwr4z>. Completed directives can be uploaded to the Speak-Easy Howard website, or you can contact the Advanced Planning Coordinator at Howard County General Hospital at 443-518-6684 to have the document uploaded to your medical record.

Nutrition Education with Carmen:

Interpreting Routine Blood Work:

What do all those numbers mean?

April 21

11am-12pm

Join Registered Dietitian, Carmen Roberts, to discuss how to interpret your lab results and what they mean for your nutrition health. Free.

Movie: The Biggest Little Farm

Thursday, April 21

1-3pm

With a nod to Earth Day, enjoy this inspirational award-winning film. Follow a couple through their successes and failures in developing a sustainable 200 acre farm near Los Angeles. Free.



Iris Music Project: Cello Quartet

Friday, April 22

1-2pm

This concert is generously funded by donations from family and friends in memory of Polly Thornton. Please enjoy the beautiful sounds of the Iris Music Project's cello quartet as they perform a variety of well known classical pieces along with arrangements paying tribute to big-band songs and show tunes. Enjoy light refreshments after the performance. Free.



Iris Music Project is a grassroots organization that cultivates collaborative relationships between residents of healthcare communities, caregivers and professional musicians. Through collaboratively designed programming, Iris Music Project provides opportunities for connection and purpose for older adults and musicians.

EVENTS CLASSES AND PROGRAMS

Baltimore Museum of Industry: America's Canning Capital

Lunch & Learn!

Friday, April 29

11am-12pm

From oysters to vegetables, Baltimore in the 19th century was a major food canning center with more than 100 packing houses and thousands of workers. Join Jack Burkert from the Baltimore Museum of Industry as he discusses this fascinating piece of Baltimore History. Reserve your spot at the front desk. Free. Lunch by donation following program. Please see the front desk to sign up for the boxed lunch and learn opportunity.



Law Day

Monday, May 2

10am-2pm

Take advantage of an opportunity to meet with an Attorney to prepare an Advance Directive at no charge. Name your health care agent, state your desire about life sustaining procedures and your wishes about organ donation. Sign up at the Front Desk.

Nutrition Education with Carmen: Decrease Your Risk of Cancer Through Nutrition

Thursday, May 5

11am-12pm

Join Registered Dietitian, Carmen Roberts, for a discussion on how to eliminate harmful carcinogens from your diet. Carmen will explain how, in just a few simple steps, you can drastically lower harmful cancer-causing substances in your food and build a healthy cancer-preventative diet. Free.

Hearing Screenings with Dr. Mary Carson

Tuesday, May 10

10am-12:30pm

Did you Hear? Free Hearing Screenings will be provided by Dr. Mary Carson, audiologist from *Clarity Audiology & Hearing Solutions*. Reserve your spot at the front desk. Free.

Showtime Singers

Sunday Concert

Sunday, May 15

2-3pm

The ShowTime Singers are back! Enjoy a Sunday concert with a cappella and accompanied singing. Enjoy favorites from Broadway and the Silver Screen as well as exciting jazz, moving blues, familiar pop standards, thrilling patriotic music, and even a little foot-stomping rock and roll. Free.



Fitness Assessments

Tuesday, May 17

1-3pm

Join Malarie Burgess, Exercise Specialist, for an opportunity to assess specific areas of physical fitness. This is a great opportunity to learn what you might want to work on and why. Assessments are short, simple and supervised; your assessment scores will be explained. Please wear comfortable clothing and athletic shoes. Free.

Police Talk with Officer Bill Kreitzer

Wednesday, May 18

11am-12pm

Join Officer Bill Kreitzer for a special presentation on what to do in an active threat situation. This presentation covers a number of situations and recommended responses to help you be ready and stay safe. Free.

Movie Time

The Prizewinner of Defiance Ohio

Thursday, May 19

1-3pm

Recall the jingles and contests of the 50's and 60's? Enjoy the nostalgia and celebrate the ingenuity of housewife, Evelyn Ryan, who helped support her family of 10 with jingle writing. Inspired by a true story written by her daughter, Terry Ryan. Free.

EVENTS CLASSES AND PROGRAMS

Dr. Cheema of Mercy Personal Physicians of Columbia

Friday, May 20

1-2pm

Join Dr. Cheema, a primary care and internist physician with Mercy Hospital for information and discussion. Dr. Cheema will explain why it is so important to keep your medical appointments in today's world. Dr. Cheema will answer questions and take note of the topics you want her to cover in future sessions. Free.



Senior Health and Fitness Week (Bingo) **May 23-27**

Drop in to your local Howard County 50+ Center to pick up a Health & Fitness BINGO card between May 9th-20th, begin marking your card on the 23rd. Prizes include small giveaways & raffle entry for a \$25 credit toward 50+ Center programming. Prize information included on the BINGO cards. FREE to play, must be a member of the 50+ Centers. Call 410-313-6073 for more information.

Cataracts, Glaucoma, & Macular Degeneration, Oh My!

Tuesday, May 24

11am-12pm

Join Doug Mayton, optician and optometric tech since 1970 as he presents valuable information on common age-related eye diseases. Learn what to look for and how to protect your vision. Free.

Benefits of a Good Walking Shoe

Wednesday, May 25

11am-12pm

Join John Bacon, of Van Dyke and Bacon Shoe stores, for an informative look at walking shoes. What makes a shoe a good walking shoe? Why is proper fit so important, and how do you find the best shoe for you? See some of the newer styles and ask questions about your footwear fit issues. Free.



Crafting with Nakear

Friday, May 27

11am-12pm

Join Nakear as she guides you through creating a lovely floral centerpiece that reflects the beauty of Spring. Free.

Nutrition Education with Carmen: Improving Digestive Health

Thursday, June 2

11am-12pm

Join Registered Dietitian, Carmen Roberts, for a discussion on how nutrition can impact gastrointestinal health and improve symptoms of common digestive problems that occur with normal aging. Free.

AARP Car-Fit

Tuesday, June 7

10am-2pm

Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. Free.

EVENTS CLASSES AND PROGRAMS

Consumer Protection Presentation:

Car Buying and Repair

Thursday, June 9

11am-12pm

This presentation includes: tips you should know before stepping foot in a dealership, how to avoid buying a bad used car, the basics of auto repair, and how to avoid common scams in the purchase and repair of cars. Presented by Tracy Rezvani, from the Office of Consumer Protection. Free.

World Elder Abuse Awareness Day June 15

(WEAAD), June 15th, serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect, and exploitation. Please stay tuned for the June-2022 Project Safe/WEAAD shredding event coming soon! Visit www.howardcountymd.gov/aging for more information.

Rearview Mirror Musical Performance

Tuesday, June 14

2-3pm

Tap your toes and sing along to some oldies songs as Rearview Mirror performs. With a nod to Flag Day, this program will include several patriotic numbers! Free.

Police Talk with Officer Bill Kreitzer

Wednesday, June 15

11am-12pm

Join Officer Bill Kreitzer for a general safety update and Q&A session. Please bring your questions and concerns and Officer Kreitzer will be available to listen and help. Free.

Hot Dog!

Thursday, June 16

12-1pm

Join us for a summer-time treat with a paid by donation boxed lunch. Hot dog, fruit and veggies for you to enjoy with friends. Weather permitting, we may be able to eat at the outdoor tables! Sign up at the front desk.

Movie: Million Dollar Arm

Thursday, June 16

1-3pm

Inspired by a true story, this baseball themed movie showcases a sports agent's unconventional recruitment strategy; recruiting cricket players from India and training them to play Major League Baseball. Free.

Juneteenth Celebration: Harriett Tubman

Tuesday, June 21

1-2pm

Join us for a portrayal of the life of Harriet Tubman in this historical program highlighting Harriet Tubman's journey to freedom. Learn of the tragedies and triumphs of this American hero from childhood through old age.

Performed by Janice Curtis Greene, master griot and recipient of the Harriet Ross Tubman Lifetime Achievement Award, has traveled nationwide with her fascinating portrayal of this famous Maryland Hero. Free.



Pictionary

Friday, June 24

11am-12pm

Make some time for laughter and fun. Join Nakear for a rousing game of Pictionary! No worries if your drawing skills aren't the best – the game is even more fun when the drawings keep us guessing! Free.

EXERCISE AND FITNESS

Arthritis Exercise Class

A05404.700

Monday & Wednesday, 2-3pm

\$76 for 24 classes, 4/4-6/29

No class 5/30, 6/20

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

AgeWell

A05201.700

Tuesday & Thursday, 10-11am

\$76 for 24 classes, 4/5-6/23

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to feel your best. Classes are conducted in the Elkridge 50+ Center and are co-sponsored by the Howard County General Hospital.

Better Balance

A05205.700

Monday & Wednesday, 1-2pm

\$76 for 24 classes, 4/4-6/29

No class 5/30, 6/20

This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required prior to enrolling. Please contact Malarie Burgess at 410-313-6073 to schedule an evaluation or to learn more. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

Strength and Tone

A05408.700

Monday, 11am-12pm

\$59 for 11 classes, 4/4-6/27

No class 5/30, 6/20

Enhance full body strength and tone in this class using weights, bands, balls, and body weight exercises.

Strength Training

A05403.700

Friday, 1-2pm

\$59 for 11 classes, 4/1-6/24

No class 4/15, 4/22

Strength training helps increase muscle mass, metabolism, and strengthens bones. Build the strength you need to live an active healthy life! Please bring your own mat for floor work.



Pilates

A05409.700

Wednesday, 9-10am

\$69 for 13 classes, 4/6-6/29

Pilates enhances flexibility and builds lean muscle, strength and endurance in the hips, back and abdomen. Strengthening these core muscles helps improve posture and balance. Please bring your own mat.

Yoga: Advanced Beginner

A05453.700

Wednesday, 10-11am

\$70 for 11 classes, 4/13-6/29

No class 6/8

Work on strength and stamina by holding poses for longer periods. This class also has some flow and breath work elements. Please bring your own mat.



EXERCISE AND FITNESS

Yoga: Gentle

A05452.700

Fridays, 10-11am

\$64 for 10 classes, 4/1-6/24

No class 4/8, 4/15, 6/10

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat.

Walking Club

Monday- Friday

9-10am, Meet Outside

Weather permitting, join fellow members for a daily 1-2 mile neighborhood walk. Socialize in the lounge after the walk. Free. Meet at the center. Friday, members may meet at the Patapsco Avalon entrance.



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkrige, Ellicott City and Bain 50+ Centers, as well as in the Glenwood, N. Laurel, and Roger Carter Community Centers. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KyvEPCNJZ8>

If you need an update on the status of your Go50+ membership or would like additional information, call the Center at 410-313-5192.

**The Equipment Room is open
Monday-Friday 8:30am-4pm.**

Fitness Equipment Orientation

Monday 3:15-4pm

Learn how to safely use the cardio and strength equipment with guidance from a fitness professional. Register at the front desk for an overview of the fitness equipment room. Free.



Always Available

Fitness Counseling

Second Tuesday 1-4pm

\$15 per 30-minute session

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. These counseling sessions are ideal if: you never exercised, been told by a provider to become more active, or for those returning to activity after being discharged from therapy. Register at the front desk or use the ActiveNet link:

https://anc.apm.activecommunities.com/howardcounty/daycare/program/605?onlineSiteId=0&from_original_cui=true&online=true&locale=en-US

Nutrition Consultations

First Thursday, 9-11am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health. Free. Register at the front desk or use the ActiveNet link

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20nutrition&viewMode=list